

AUGUST 2024

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#### PREDICTABLE RESULTS:

Invisalign uses advanced digital technology to create a step-by-step plan for teeth movement, allowing individuals to visualize expected results before starting treatment for a predictable and controlled approach.



#### INVISIBLE APPEARANCE:

Invisalign offers a virtually invisible appearance due to its clear and transparent aligners, allowing individuals to undergo orthodontic treatment discreetly.



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In some cases, Invisalign may offer a shorter treatment duration compared to traditional braces, thanks to precise and personalized treatment plans.



#### REMOVABLE:

Invisalign aligners are removable, providing flexibility in eating and facilitating easier oral hygiene practices by allowing individuals to take them out for brushing and flossing.



#### IMPROVED ORAL HEALTH:

Being able to remove the clear aligners when necessary makes it easier to practice good oral hygiene like brushing and flossing. This can lead to a cleaner, healthier mouth and cut down on additional issues like mouth sores, cavities, bad breath, and tooth decay.



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## PRESIDENT'S MESSAGE

Summer greetings to all of you, in the wake of Calgary's recent water supply trouble!

Premier Danielle Smith made the observation that I think most of us had on our minds, in the wake of the major water main break. After being assured by the City proponents of densification that our infrastructure could handle all those additional people that would be allowed by the rezoning that was pushed through, isn't it something that (so soon after) we had this water main break that has affected Calgarians for the past month. We are fortunate to have had enough rain lately, but hotter days are on the way.

Other news: Just as we were all settling into our summer plans, the City circulated a new plan for Glenmore Landing, substantially increasing the number of people to be allowed to occupy Glenmore Landing in the proposed high-rise development, giving us only till July 22 to respond, still without the information we have been requesting about infrastructure capacity and traffic etc. We are not able to provide meaningful response without that.

We hope that your summer is a good one and look forward to joining you in resuming our efforts to protect our wonderful community and water supply in the months ahead.

*Harris Hanson*



## VIDEO KILLED THE RADIO STAR

On August 1, 1981, MTV made its broadcast debut and changed the landscape of music forever. The first music video they aired was "Video Killed the Radio Star" by British duo The Buggles. How fitting!



## PBP BOARD MEETINGS



PBP Board meetings are held the first Tuesday of each month at 7:00 pm (subject to change at any time). All members welcome to join. Please send a confirmation email before you come so that we can be sure to have time to address any questions or concerns.

Looking forward to seeing you!

Meetings do not occur during summer. Next meeting will be on September 10, 2024.

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# 2024 PBPCA Board of Directors



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Vice President	Anna Kaufman	Vicepresident@pbpccommunity.ca
Treasurer	Jim Sorenson	
Secretary	Lesley Farrar	secretary@pbpccommunity.ca
Director, Civic Affairs	Sushma Mahajan	
Directors at Large	Mike Krayacich, Sam Plucer, Irwin Rajesky, Jayda Rosenthal, Kevin Taylor, Gill Basford, Annie Fu	
Facility Coordinator	Jen Sherstabetoff	pbpcam@pbpccommunity.ca
<b>Community Contacts</b>		
Community Resource Officer	Cst. Chad Rausch #3693	CRausch@calgarypolice.ca
<b>pbpcam@pbpccommunity.ca   403-281-1908</b>		



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# PALLISER-BAYVIEW-PUMPHILL COMMUNITY CLEANUP DAY



**Date:** Sunday, August 4, 2024

**Time:** 9:00 am to 1:30 pm

**Place:** Parking lot – Palliser-Bayview-Pumphill Community Association. Enter Playground side. Exit Nellie McClung School (2323 Palliser Drive SW) side parking lot.

THE SUCCESS OF THIS EVENT IS DEPENDENT ON VOLUNTEERS TO HELP US RUN THINGS SMOOTHLY FOR THE COMMUNITY.

## The Community Cleanup is a Great Opportunity to:

**Dispose of large items:** The City of Calgary Waste & Recycling Services sponsors a unique community program by providing two packer trucks. Residents can bring unwanted household goods (things that might otherwise fill your basement, yard, street, or alley) to the pickup site.

**Recycle:** We will also have household electronic recycling including TVs, Computer systems, Power tools, Wire cables, Christmas lights, Electric/Electronic toys along with METAL recycling.

**Donate to Calgary Drop-in Centre and Cerebral Palsy:** Furniture, Household goods, Clothing, Bedding, Towels, Hygiene supplies.

**Donate To Our Give and Take Table:** Donate items that are in good condition but are no longer needed or used. It's a wonderful way to ensure items get a second life.

**Contribute:** To your community by volunteering to help organize, man stations or direct traffic.

### What To Leave at Home (Items Not Accepted)

**Don't Bring:** Tires \* Household Chemicals \* Freezers \* Fridges \* Microwaves \* Car Batteries \* Large-scale Furniture \* Paint \* Liquids \* No yard waste.

**Details:** August 4 at 8:30 am, volunteers will meet at PBPCA hall to check in, get supplies and be assigned to an area. Please come prepared for the weather with gloves, appropriate clothing, and closed-toe shoes. Refreshments and snacks will be provided to volunteers.

## MEMBERSHIPS WILL BE AVAILABLE TO PURCHASE.

WE ACKNOWLEDGE THE CITY OF CALGARY COMMUNITY STRATEGIES AND WASTE AND RECYCLING.

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# PBP Coding Program

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Calgary Coding Society

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Partnering with ARTex Calgary Coding Society,  
PBP Community will continue to run coding classes,  
weekly from **Sep** to **Dec** for:

- **Python**
- **Java**
- **C++**

**Location:** PBP Community

Info: <https://pbpcommunity.ca/programs/>  
Email: [pbpmathcoding@pbpcommunity.ca](mailto:pbpmathcoding@pbpcommunity.ca)



**SCAN ME**

Want afterschool math tutoring? Want to prepare for Math contests? Let us know, we will build the program for you!

# Palliser Bayview Pumhill Community Association Hall Rentals

## 2323 Palliser Drive SW

Please visit our website to view our live calendar or send a rental request to [www.calgary.ca/planning/projects/rezoning-for-housing.html?redirect=/rezoningforhousing](http://www.calgary.ca/planning/projects/rezoning-for-housing.html?redirect=/rezoningforhousing) and our Facility Coordinator would be happy to help!

Our community Association can accommodate up to 60 guests for seated functions or 75 standing. Our hall is 1040 sqft and is great for events like birthday parties, baby showers, Anniversary parties, workshops/seminars, also great for children's groups such as arts shows and much more!

The main Hall includes 60 chairs and 12 tables (6' x 2.5'). Our kitchen is not commercial but holds a stove, fridge, microwave, sink, and coffee makers. We do have free Wi-Fi. We also have a few extra perks that can be included for an extra fee such as: screen, projector, small speaker system, Propane BBQ, and Master Chef outdoor grill.

### Our Rental Rates Are as Follows:

**Hourly** - Weekend (Fridays through Sunday) \$55 per hour, minimum three hours with a \$35 mandatory cleaning fee.

**Half Day Rental** - Weekends (Friday through Sunday)  
Half Day Rental (2:00 pm to 1:00 am) \$350 with a \$50 mandatory cleaning fee.

**Full Day Rental** - Weekend (Friday through Sunday)  
All-day Rental (6:00 am to 1:00 am) is \$500 with a \$50 mandatory cleaning fee.

**Weekday Hourly Rentals** - (Mondays to Thursdays)  
\$45 per hour, minimum two hours with a \$35 mandatory cleaning fee.

The board room is 375 sqft and is perfect for all types of meetings or a fun movie night out, featuring our 82" High-Def Smart TV with Yamaha Sound System (Wi-Fi Connected)

### Board Room Rentals

\$25 per hour no minimum, your rental time must include your set up and clean up or you can pay the optional \$35 fee for cleaners.





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## PALLISER COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	6	4	\$737,500	\$756,250
May	24	13	16	\$494,950	\$520,000
April	24	11	10	\$424,900	\$452,500
March	24	6	5	\$640,000	\$680,000
February	24	3	3	\$439,000	\$503,000
January	24	7	8	\$394,450	\$401,250
December	23	4	3	\$725,000	\$745,000
November	23	6	2	\$432,450	\$441,650
October	23	3	5	\$450,000	\$467,100
September	23	5	4	\$444,950	\$471,750
August	23	7	7	\$665,000	\$644,000
July	23	2	2	\$324,450	\$353,750

To view more detailed information that comprise the above MLS averages please visit [pall.mycalgary.com](http://pall.mycalgary.com)

## PUMPHILL COMMUNITY REAL ESTATE ACTIVITY

		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	4	2	\$1,349,450	\$1,346,513
May	24	4	4	\$1,149,950	\$1,212,500
April	24	4	3	\$950,000	\$950,000
March	24	2	0	\$0	\$0
February	24	1	2	\$974,500	\$965,000
January	24	3	3	\$1,275,000	\$1,185,000
December	23	1	1	\$624,900	\$685,000
November	23	0	0	\$0	\$0
October	23	2	2	\$1,624,450	\$1,602,500
September	23	0	1	\$784,900	\$811,600
August	23	3	2	\$1,004,000	\$986,500
July	23	1	0	\$0	\$0

To view more detailed information that comprise the above MLS averages please visit [pump.mycalgary.com](http://pump.mycalgary.com)

# PBPCA CASINO



## ONLY TEN MORE CASINO VOLUNTEERS NEEDED!

PBPCA's Fundraising Casino has been scheduled for September 27 and 28, 2024, at the Deerfoot Inn and Casino. We are looking for volunteers to fill a variety of positions on both days. No experience needed!

Casino funds keep the lights on for our Community Association. They go towards utilities, maintenance, facility improvements, and more. As we jump into 2024 the CA is looking to offer more, and a successful casino is how we make that possible!

Please use the link below to sign up, we need you!

[www.signupgenius.com/go/ACA65159](http://www.signupgenius.com/go/ACA65159).

# Membership Application

Palliser • Bayview • Pump Hill Community Association

One Year Membership: Household cost:  
Regular \$25 (discounted for 55+ \$10/household)

Please see [pbpccommunity.ca/membership](http://pbpccommunity.ca/membership) for terms and conditions

*Membership is 12 months from date of purchase.*

We / I live in:  Palliser  Bayview  Pumphill  Other

Name: \_\_\_\_\_

Additional household members' names (ages for kids): \_\_\_\_\_

Full Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell/SMS: \_\_\_\_\_

Email\*: \_\_\_\_\_ Contact Preference:  Phone  Email

I agree that PBPCA may send me emails about PBP events, programs, or current affairs.

\*We value your privacy. We will not rent or sell your email address.

The PBP community holds many successful functions each year thanks to the tremendous help of our volunteers. If you would like to become involved, please indicate below where you would be interested in volunteering:

Board Member  Family Skate Days  Garden Maintenance  Casino

Check your most up to date news about your community on our website  
[www.pbpccommunity.ca](http://www.pbpccommunity.ca)



JOIN THE  
PBPCA HERE!

## PBPCA vs City of Calgary

This court action for judicial review is to invalidate the decision to sell the greenspace next to Glenmore Landing (intended to be used for high rise residential towers) for failure to disclose relevant information requested before the decision.

At this point, we are still waiting for the City to disclose relevant records in this court action.

Your help with legal costs will be appreciated.

The PBPCA is a registered charity. Through our website ([www.pbpccommunity.ca/donate/](http://www.pbpccommunity.ca/donate/)) you can follow the link and get an immediate tax receipt for your donation. To save on processing fees, for donations of more than \$250, please note "Environmental and Planning Advocacy" on the cheque, payable to "Palliser Bayview Pumhill Community Association". Mail the cheque to the PBPCA at 2323 Palliser Drive SW, Calgary, Alberta, T2V 3S4, and the tax receipt will be mailed to you.

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		Properties		Median Price	
		Listed	Sold	Listed	Sold
June	24	1	0	\$0	\$0
May	24	3	3	\$1,499,900	\$1,510,000
April	24	2	1	\$1,549,900	\$1,702,000
March	24	0	0	\$0	\$0
February	24	0	0	\$0	\$0
January	24	0	0	\$0	\$0
December	23	0	0	\$0	\$0
November	23	0	0	\$0	\$0
October	23	0	0	\$0	\$0
September	23	3	5	\$1,299,900	\$1,245,000
August	23	1	0	\$0	\$0
July	23	0	0	\$0	\$0

To view more detailed information that comprise the above  
MLS averages please visit [bayv.mycalgary.com](http://bayv.mycalgary.com)

# Putting Yourself First!

by Alberta Health Services

Life brings with it everyday stresses, but it is important to have coping strategies that can be used to regulate and balance our feelings and emotions. Sometimes we do not have control of stressors that cause the stress, but we can have control of our emotions or how we react to those stressors. Calming strategies help slow down the immediate response that we have by decreasing the amount of cortisol in our body, also known as the stress hormone. There are many coping strategies, and it is important to find what works best for you.

Here is a list of strategies that can be used by anyone, anytime, and anywhere.

### Managing Emotions

Commonly referred to as “name it to tame it,” this is a technique that involves naming your emotions to allow you to pause and reflect rather than allowing your emotions to spiral or cause impulse decisions. Make it a habit to recognize how you feel. Did you feel embarrassed, sad, jealous, or upset? Simply notice that emotion and name it in your mind.

### Mindfulness

Focusing on the present moment will help calm your mind and manage your emotions. What can you see, hear, touch, feel, or move in the environment you are presently in? This technique will help your brain focus on the current rather than the “what if.”

### Breathwork

Slowing and deepening your breaths has been shown to help you self-regulate by calming your emotions. Use breathing techniques that work for you, which can include box breathing or even paced breathing.

The importance of the above strategies is focusing on yourself. Everyone is different, so find techniques that resonate with you so you can be the best version of yourself!

### References

AHS (2024). *D-Stress*. Retrieved March 12, 2024 from <https://www.albertahealthservices.ca/amh/page16759.aspx>.

Mindfulness.Com (2024). *Name It to Tame It: Label Your Emotions to Overcome Negative Thoughts*. Retrieved March 12, 2024 from <https://mindfulness.com/mindful-living/name-it-to-tame-it>.

# FASTEST MAN ALIVE



Back in 2012 at the London Olympics, Usain Bolt made history by becoming the first athlete ever to win both the 100 metre and 200 metre races in consecutive Olympics. Talk about lightning speed! Bolt still holds the record for the fastest 100 meters at 9.58 seconds and the fastest 200 meters at 19.19 seconds.

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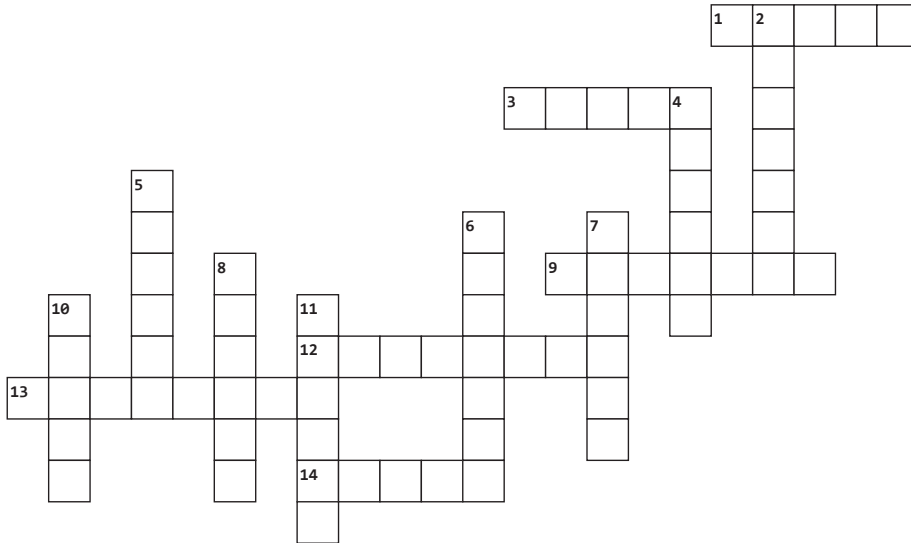
## JOKE OF THE MONTH

WHAT KIND  
OF KEY OPENS A  
BANANA?

A MONKEY



# August Crossword



## Across

- One of two birth flowers for August, this flower symbolizes remembrance and is often used to honour veterans who have passed away in war.
- On August 28, 1963, in Washington D.C., civil rights activist and reverend, Martin Luther King Jr. gave his inspiring "I Have a \_\_\_\_\_" speech.
- This yellowish-green gemstone is one of three birthstones for August, the others being the spinel and sardonyx.
- On the first Monday in August, Albertans celebrate \_\_\_\_\_ Day, which recognizes the multicultural landscape of the province.
- In August of 1896, George Carmack was the first to find gold at Bonanza Creek, Yukon, sparking the \_\_\_\_\_ Gold Rush.
- The Summer Olympics takes place in which French city from July 26 to August 11 this year?

## Down

- Canadian filmmaker James Cameron, famous for movies such as *Titanic*, *Avatar*, and *The Terminator*, was born on August 16, 1954, in Kapuskasing, \_\_\_\_\_.
- The fantasy novel *A Game of Thrones*, written by George R.R. \_\_\_\_\_, was first published in August of 1996.
- August is a popular name for boys in this Scandinavian country.
- On August 8, 1969, The \_\_\_\_\_, took to the street to take the cover photo for their album *Abbey Road* which featured songs such as "Here Comes the Sun", "Come Together", and "Octopus's Garden".
- The Perseid \_\_\_\_\_ shower is one of the best shooting stars displays which Canadians can view on the eve of August 12 this year.
- The saying "The Dog Days of Summer" is linked to the rising of the star called \_\_\_\_\_, also known as the Dog Star.
- Canadian actress, Evangeline \_\_\_\_\_, famous for her role as Kate Austen in the drama series *Lost*, was born on August 3, 1979, in Fort Saskatchewan, Alberta.
- Michael \_\_\_\_\_ set the record for the most gold medals by an athlete in a single Olympic Games in Beijing, 2008.



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7					9			4
	3			4			1	
		9	2			3		
9						1		
	4						8	
		2						6
		4			3	5		
	2			1			6	
1			6					9

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- 14K White Gold
- Item Price: **\$3,600**
- Recommended Insurance: \$14,950

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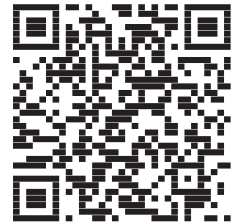
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